

What is claimed is:

1. A garment for supporting and shaping the mid section of the wearer, said garment comprising a torso section, said torso section having a wide waistband with an upper edge and a lower edge, said waistband adapted to be located with said upper edge below the wearer's rib cage and with said lower edge generally near the wearer's belly button, said waistband including an abdominal section, a tensioning system for adjusting the tensioning of said abdominal section, said tensioning system comprising a first anchor member anchored to said abdominal section, a second anchor member anchored to said abdominal section transversely spaced from said first anchor member, a direction changing member on said abdominal section spaced from at least one of said anchor members, a length control member extending to and bendable around said direction changing member in a reverse direction toward itself in such a

manner to shorten the distance between said anchor members and increase the tension at said abdominal section, and locking structure for holding said length control member in its bent and reversed tension creating condition.

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2. The garment of claim 1 wherein said tensioning system includes at least one loop and at least one strap, said direction changing member being at least part of said loop, and said length control member being said strap.

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3. The garment of claim 2 wherein said waistband is elastic, and said tensioning system being permanently secured to said abdominal section.

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4. The garment of claim 3 wherein said strap includes a first end secured to said abdominal section to comprise said first anchor member, said loop being secured to said abdominal section to comprise said second anchor member, and said strap having a free end which is insertable through said

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loop and bendable to said reversed tension creating condition.

5. The garment of claim 4 wherein said locking structure comprises hook and loop formations on opposed surfaces of said strap.
6. The garment of claim 4 wherein one of said tensioning systems is located on each side of the longitudinal center line of said abdominal section.
10. The garment of claim 6 wherein said first anchor member and said second anchor member are disposed in line with each other at a non-perpendicular and non-zero angle to said longitudinal center line.
15. The garment of claim 7 wherein said torso section is the top of pants, and said angle being in a direction which extends upwardly and outwardly with respect to said longitudinal center line.
20. The garment of claim 7 wherein said torso section is at the lower portion of a top, and said angle extending downwardly and outwardly

with respect to said longitudinal center line.

10. The garment of claim 6 wherein said tensioning systems are horizontally aligned with each other.
11. The garment of claim 4 wherein said strap comprises a single strap which extends from its anchored end and is insertable through said loop and is foldable upon itself.
12. The garment of claim 11 wherein said anchor members of said tensioning system are disposed on opposite sides of said longitudinal center line.
13. The garment of claim 3 wherein said tensioning system comprises two spaced loops each of which is secured to said abdominal section to comprise said first anchor member and said second anchor member, and a single strap extending from one of said loops to the other of said loops with said strap having a free end which is insertable through one of said loops and is bendable upon itself.

14. The garment of claim 3 wherein said tensioning system includes two straps, each of said straps having one end attached to said abdominal section to comprise said first anchor member and said second anchor member, said loop being attached to the free end of one of said straps, and the free end of the other of said straps being insertable through said loop and bendable upon itself.
- 10 15. The garment of claim 3 wherein said tensioning system includes a single strap, one end of said strap being secured to said abdominal section to comprise said first anchor member, said loop being secured to said abdominal section to comprise said second anchor member, and said strap having a free end which is insertable through said loop and bendable upon itself.
- 15 20 16. The garment of claim 1 wherein said garment includes a pants and a top detachably and vertically adjustably connected to each other, and said tensioning system being on one of said pants and said top.

17. The garment of claim 1 wherein said waistband includes a back support at a location opposite said abdominal section.
18. The garment of claim 17 wherein said waistband has a pocket with an open side, and said back support being a pad removably insertable into said pocket.
19. The garment of claim 1 wherein said waistband is made of a material tending to make the user feel cooler.
20. The garment of claim 1 wherein said waistband is made from a material tending to make the user feel warmer.
21. The garment of claim 1 wherein said waistband includes material for promoting weight loss.
22. The garment of claim 1 including a tunnel located near said tensioning system whereby at least a portion of said tensioning system may be concealed in said tunnel.
23. The garment of claim 1 including adjusting structure on said waistband for adjusting the circumference of said waistband.

24. The garment of claim 1 wherein said waistband includes a plurality of spaced vertical pockets, and a plurality of stays removably insertable into said pockets.
- 5 25. The garment of claim 1 including a buttocks panel, and at least one cushioning pad in said buttocks panel.
- 10 26. A garment for supporting and shaping the mid section of the wearer, said garment comprising a torso section, said torso section having a wide waistband with an upper edge and a lower edge, said waistband adapted to be located with said upper edge below the wearer's rib cage and with said lower edge generally near the wearer's belly button, said waistband including an abdominal section, a tensioning system for adjusting the tensioning of said abdominal section, said tensioning system comprising a first anchor member anchored to said abdominal section, a second anchor member anchored to said abdominal section transversely spaced from said first anchor member, a tightening mechanism
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on said abdominal section spaced from at least one of said anchor members for selectively shortening the distance between said anchor members to increase the tension at said abdominal section, and said tightening mechanism including locking structure for holding said anchor members in their increased tension creating condition.

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27. The garment of claim 26 wherein said tensioning system includes a pair of straps, each of said straps being anchored at one end to said abdominal section to comprise said first anchor member and said second anchor member, and said tightening mechanism including structure on one of said straps for adjustably engaging the other of said straps.
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28. The garment of claim 27 wherein said tightening mechanism includes a buckle on the free end of one of said straps for adjustable engagement with the free end of the other of said straps.